

NEWTOWN SENIOR CENTER NEWSLETTER

Newtown Senior Center
Director Marilyn Place
14 Riverside Road
Sandy Hook, CT 06482
(203) 270-4310
MAY–JUNE 2018



Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and

Engage at Every Age!



3rd Annual Senior Citizen Prom

Friday May 4th 4pm to 8pm
@ Newtown High School Cafetorium
An evening of dinner, dancing and friends.
Singles, couples all welcome!
Semi Formal Attire \$15 per person
Please register through the Newtown Parks & Rec office 203 270 4340 also registration forms can pick up @ Senior Center



ANNUAL MOTHER'S DAY TEA PARTY & BINGO Friday May 11th 12:30–3:30



Join us as we celebrate Mother's Day! Wear your "fanciest" hat (if you like) and enjoy an afternoon of bingo and a specialty "High Tea" menu with a variety of classic teas. In real china cups! We welcome all the Grandmothers, Mothers and those who love Mom! Please call to reserve a spot, so we know how much to prepare and set-up for. This has always been so popular to celebrate and to let you know how special you are!

All classes will be cancelled due to this event.

Come and enjoy this special **MOTHER'S DAY TEA!**



Living With(OUT) Pain

Safe Solutions to Pain Management



Friday, May 4, 2018 10:00am-1:00pm
Newtown Senior Center
10:00am
Lunch Served at Noon
14 Riverside Rd, Sandy Hook, CT 06482
RSVP (203) 270-4310 by 4/27/2018

Stephanie R. Paulmeno, MS, RN, NHA, CPH, CDP, CCM; from Communities 4 Action will discuss the opioid epidemic and its impact on the senior population. This content rich presentation will include:

- Pain management and alternatives
- Warning signs of dependence
- The "BEERS List" of medication that could be causing harm
- Risk of current medication
- Storing and disposing of medication
- How to communicate with your doctor when being prescribed medication
- Proper medication storage, disposal and harm in sharing
- Managing medication and home care

Services

SweetHART BUS Telephone Numbers:

Dial-a-ride service

For reservations (203) 748 2511
Will call/cancellations /confirmation (203) 830 4399
Comments/Questions (203) 744 4070

FISH MEDICAL DRIVERS

Transportation for medical appointments.
Monday—Friday from 9:00 am-2:00 pm.
Ambulatory disabled and/or seniors may call
1-800-794-0034.
Volunteer drivers always needed!

BLOOD PRESSURE

2nd Thursday of the month @ 1:30-2:30
4th Wednesday of the month @ 1:30-2:30
Get your blood pressure checked regularly.

CHOICES

Area Agency on Aging
1-800-994-9422

Get answers to any Medicare problem or
questions you may have—**FREE.**

MEALSITE LUNCH PROGRAM

The Newtown Senior Center hosts a congregate
meal program Mon. through Thurs. A \$3.00
donation is encouraged. No meals on Friday. Call
to reserve your meal at least 3 days in advance at
(203) 270-4310. Great menu's!
You can pick up a menu at the front desk.

Municipal Agent for the Elderly

Ann LaBosco (203) 270-4330

Newtown Meals on Wheels

Nutritional meals (regular and special) are deliv-
ered at reasonable cost. To inquire into becom-
ing a meal recipient call Marilyn at 203-426-6340
or Janet at 203-270-1960.

VNA LOAN CLOSET M-F 8-4:30, Located at
Social Services 3 Main Street.

VNA THRIFT SHOP Wed 12-3 & Sat 9-12
located at 45 Main Street behind the Edmond
Town hall.

Bethel VNA
(203) 792-0864
Danbury VNA
(203) 792-4120



CODE OF CONDUCT

The Newtown Senior Center is a facility where people age 60 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich lives. Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers. Seniors must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the Senior Center facility. Any senior who chooses not to adhere to this Conduct will be deemed to be in violation of the policy. In any such occurrence, the Director of the Senior Center will make the determination of any action to be taken, to preclude recurrence.

MISSION STATEMENT The mission and purpose is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. To enhance independence, support mental, physical and social well being.

GOAL The Center's goal is to function as a focal point for providing the most needed community services to older people by forming co-operative linkages with community agencies and organizations; to provide activities and services that will promote well being of every aspect of community life.

NEWTOWN SENIOR CENTER PHILOSOPHY

We believe: Older adults are individuals of dignity and self-worth with ambitions, capabilities and creative capacities; older adults seek continued growth and development; older adults need both access to sources of information and help for personal and family problems as well as opportunities to learn from individuals coping with similar problems; older adults have the freedom to voice their input regarding the center programming. **We will:** Create an atmosphere that acknowledges and affirms the dignity and self-worth of the older adult, maintaining a climate of respect, confidentiality, trust and support; create opportunities for older adults to apply their wisdom, experience, and insight, and to exercise their skills, assist other agencies and/or groups in serving older adults and provide opportunities for older adults to develop their potential as individuals with the context of the entire community. **We expect:** A welcoming reception for all who visit the Center; honest, courteous, and respect from all who participate in the Center and its activities; as well as adherence to the Code of Conduct and the rules and regulations of the Center.

EXERCISE**HEALTH****FITNESS****Ballroom Dance with George Maderski Monday @2:00**

Bring a partner or friend, Refresh the Familiar dance steps to great music we all love.

Yoga with Eileen Monday and Thursday at 1:00 pm

Focus on stretching, strength, breathing and listening to your body in a peaceful state. Bring your mat and join Eileen. You'll thank yourself for it.

Tai Chi with Sue Tuesday at 2:00 pm

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

Morning Meditation w/Claudia Tuesday 9:00-10:00

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Look up meditation and you'll find phrases like Stress benefits cardiovascular & immune health Improves concentration Slows aging Increases happiness, health & self awareness There are many ways to meditate. I hope we can take some time to discuss meditative practices, then take some time to practice meditation. It is my desire that this program evolve with the participants into a class that meets everyone's needs.

Chair Pilates with Claudia Tuesday at 10:15 am "NEW TIME"

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements. **Class is limited to 18.** This is a new class and sign up is necessary to ensure a spot.

Chair Yoga with Eileen Tuesday and Friday at 3:00 pm

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous! **Class is limited to 18.**

Qi Gong w/ Susan Tuesday @ 12:45-1:45

These easy-to-learn gentle postures and graceful flowing sequences are based on traditional Chinese exercise. Qi Gong improves balance by toning and strengthening the muscles of the lower body as well as the core, and building better bone-density by practicing rooted weight-bearing postures. The body mechanics of Qi Gong also improve flexibility and range of motion. The harmony of breath and movement relaxes and unifies mind & body for a complete exercise program that enhances confidence, co-ordination and optimal good health.

Strength Training with Claudia Thursday @ 2:30 pm

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher. Class is limited to 18.

New England Community Barn Dance w/ Patricia Thursday 2-3pm

Come join us for a Traditional Square & Folk Dancing- circle, square, & long ways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body!

Flex, Fit and Tone with Claudia Mondays @ 9:00

This is a conditioning class using your weights, bands and balls to strengthen and stretch your entire body.

Fitness Fury w/Susan Wednesday & Fridays @10:45-11:30 This program purpose is to bring uniquely designed energetic fitness programs to individuals while creating social interactions that will build healthy lifestyle changes. Limited to 30

Video Exercise Monday 10:00 Wednesday 9:30 Friday 9:30am

There is a variety of Fitness classes offered daily/weekly to Senior Center members. All classes are *limited* to a certain number due to room size capacity.

Please note there are other classes and programs offered and at times some classes are cancelled due to special events.





Special Programs

HELLO SPRING !

Starting May 8th & June 12th

Join Wendy Smith every 2nd Tuesday at 10am for a “Send a Smile Cards” workshop. She’ll have so many cute things for you. Try something new. Some items will be project ready. Each person will receive 5 different cards-unassembled. The fun is making your own! Cost is \$10.00 per person. Which includes all materials and instructor. A sample will be at the front desk.. Call to sign up..

COMPLIMENTARY CHAIR MASSAGE with Debora Brockmeier

May 14th & June 11th 12:30 to 2:30pm

Call to sign up for your 10 minute spot.

“INCREASING ONE’S KNOWLEDGE: ENHANCING ONE’S MEMORY”

May 15th @ 1:00

Author of the new book: “All Creation: God’s Glory,” the Reverend Leo McIlrath, a long-time resident of Sandy Hook, will lead a discussion at the Newtown Senior Center. Using subjects from his book and a number of memory techniques, McIlrath will engage participants to share their ideas on expanding their knowledge in numerous areas of creation while exploring workable ways to remember such items. Copies of this new book will be available for those desiring to acquire one. McIlrath is the ecumenical chaplain to the Lutheran Home of Southbury. Call or Sign up at the front desk.

“SUMMER BREEZE ” Friday June 1st @1:00

It’s Hot Dog day ! After lunch we will have **Entertainment by Bob Mel!!**

Music and Dancing is a must!! Call or Sign up at the desk..

ICE CREAM SOCIAL w/ Dana from Riverview

Friday June 8th ,Wed July 11th and Friday Aug 10 @1:00.

Come and make your own sundae ! Call or Sign up at the front desk..

Back by Popular Demand “Silk Scarf Painting”

June 27th @1:00 Silk scarf painting w/ Dana (3rd class) sponsored by River Glen Health Care Center limit to 8 Sign up at the front desk..

MATTER OF BALANCE PROGRAM (reminder)

Take part in this 8 week course on Wednesday's..... Filled w/ a waiting list

Date: May 2 through June 20 Time: 1 pm to 3 pm Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. Its an instructor-led, multi-session program where participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance.

Call to sign up for this 8 week beneficial program @ 203-270-4310 only 15 spots available ..Sponsored by BVNA and Newtown Health Dept. Facilitated by Linda DiSarro, PT Rehab Supervisor and Wendy Merrick PT



KNITTING CIRCLE w/ JANE Meets every Friday at 12:00

Jane Sturgis has volunteered for over 20 years sharing her expertise and her love of knitting! A great time to socialize and/or finish/begin a project you always wanted to do. Very relaxing & social. Join the ladies & have fun!

INTER-GENERATIONAL FUN w/ CAC CHILDREN 10:00 to 11:30 Rx for all!

Every 2nd Thursday a Themed Craft

Every 3rd Thursday a Themed Activity

Every 4th Thursday Volunteer to read

It's fun to see those little faces shine & hear their laughter. Call to let us know if your interested to volunteer!

MEN'S BREAKFAST CLUB

Meets the 1st Thursday of every month @ 9:00 am What a nice way to start your day w/ some great coffee/tea and/or egg sandwiches mixed with meeting new or old friends \$2.00 Donation suggested.

KENO 1st Wednesday each month @ 2:00 Sign up at the front desk..

HOT TOPICS Tuesdays 10:30 am

MANDALA /Adult Coloring Thursdays @ 1-2 and 3-4

Mandala is a complex, symmetrical or asymmetrical ornament that represents a microcosm of the entire universe. The basic form of most mandalas is a circle in which are depicted symbolic gates of the cosmos. Mandalas are commonly used as an aid to meditation and as an advanced anti-stress therapy.

We have the books & colored pencils.

ART CLASS in the Atrium Tuesdays @ 10:00 Enjoy the sunny room to socialize, relax and create .

POKER GROUP

Tuesdays @ 1:30 call to sign up....always room for more

"CHICKEN SOUP FOR THE SOUL" Women's Discussions Group

Mondays @ 11:00 come and discuss recipes , family traditions, Women's issues, plus.

Come and share your story.....

GAME ON.....Bring your Game on" every **Wednesday @ 2:00 pm.** Enjoy Scrabble, Ping Pong, try Shuffle Board, Sequence, Pinnacle, Canasta, Password...

Every Thursday @ 3pm Join in on Password...Canasta is Friday's also at 1:30....Fun for all! Come and Play !

NSC BOOK CLUB

2nd Wednesday of each month @ 3:00 pm
May 9th **Lilac Girls.** by Martha Hall Kelly
June 13th **In the unlikely Event.** by Judy Blume

LUNCH BUNCH

The LUNCH BUNCH is in full swing !
NSC van departs usually @ 11:30 to a local restaurant and/or a neighboring town to explore and try out new places to dine. Call to join the group!
16 seats only Sign up at front desk.

Water view Restaurants

May 24th Thursday Knapp's Landing

June 14th Thursday Stone's Throw

SPANISH LESSONS !!!

Thursdays @ 10:30 am

May 3,10,17,24,31.

June 7,14,21,28 (Fiesta)

BIBLE STUDY GROUP

W/ Linda Manganaro the First & Third Wednesday of each month . May 2nd, 16th @ 12:30-1:30 pm.

The program will begin with a short meditation to transition from ones busy life to serenity within. It will be comfortable , peaceful, respectful and interactive atmosphere. Sign up for our lunch then enjoy this new program in the piano room &/or just sign up for the program.

POPCORN & A MOVIE..

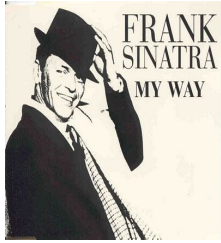
Due to availability of newer Movies, Please check with the front desk one week prior to Show Time!!

May 21st @ 1:00

June 4th @ 1:00

Sign up at the Front desk





LUNCH & LEARN 'S

LASAGNA & SINATRA sponsored by River Glen Health Care

Friday May 25th @ 12:00

\$4.00 per person Includes: Cheese Lasagna ,Salad , Dessert, Coffee & Tea.

Followed by Live Entertainment w/ Nicky D.

Come and enjoy lunch and *sounds of Frank Sinatra*. Please sign up.

LAUGH FOR THE HEALTH OF IT!

Friday June 15 @ Noon



Join Trevor Smith B.A. M.A. M. ED, CLL Founder of Blue Sky Consulting, a training and development organization from Springfield, MA. w/ Fifteen years of experience as a Therapeutic Recreation Specialists mental health practitioner.

What is Laughter Therapy?

• Laughter Therapy is a systematic, structured health promotion program that uses a combination of simple, empowering and tension releasing laughter exercises and actions combined with gentle breathing techniques in a supportive environment.

• Laughter is initially simulated as a physical exercise while maintaining eye contact with others in the group and promoting childlike playfulness. This leads to real and contagious laughter.

• Science has proved that we cannot differentiate between simulated and real laughter

• Laughter Therapy is the only method that allows adults to sustained hearty laughter without using cognitive thought.

As a combination of physical and mental activities, Laughter Therapy is a powerful tool to reduce stress, promote group cohesion and trust, increase energy, burns calories, lower your blood pressure and heart rate and provide a superior cardiovascular workout.

• These exercises are appropriate and beneficial for all.

• A Laughter Therapy session begins with gentle warmup techniques which include stretching, chanting, clapping and body movement.

• Breathing exercises are used to prepare the lungs for laughter followed by a series of artificial forms of laughter exercises that combine the method of acting and visualization techniques with playfulness.

Learning Outcomes at the conclusion of the program, participants will learn strategies to:

• Reduce daily stress to allow for greater productivity and efficiency

• Develop a positive attitude towards self and others (reduce hardening of the attitudes and foster flexible, open, creative thinking)

• Minimize anxiety and feelings of isolation

• Discover a new sense of mental balance and perspective

• Fosters trust, team collaboration and leadership

Discuss six principles of Good hearted living with group discussion

• The leader introduces the six principles

• The participants focus on one behavior at a time.

• The leader uses stories to illustrate meaning of each practice and to give the participants some idea of what kinds of behaviors/attitudes are included

• Introduce a few little tricks (exercises) that will help focus the mind on the mindfulness practices.



TRANSPORTATION FORUM FRIDAY JUNE 22 @ 12 NOON

Richard Schreiner, Director of Service Development and John Gatto, Marketing and Graphic Design Coordinator for HARTransit along with April Chaplin, Regional Mobility Manager

for the Kennedy Center will talk about the Newtown SweetHART bus and regional transportation.

HARTransit is the public dial-a-ride transportation provider for greater Danbury. In Newtown, HARTransit runs a door to door bus service with advanced reservations called SweetHART for seniors age 65 or older and persons of any age with mobility impairments (including temporary ones). SweetHART service is available in Newtown Monday - Friday from 7 am to 4:45pm and Saturday from 8:15am to 4:15pm. The bus runs to locations in Newtown, Danbury, Brookfield and Bethel. The Kennedy Center is a non-profit community based rehabilitation organization offering innovative, comprehensive program services to persons with disabilities and special needs from birth to senior years.

Ms. Chaplin assists persons with disabilities, seniors and veterans with ADA Paratransit applications and referrals for free one-on-one travel training on public bus or train services. She is a resource and advocate for anyone who needs information about public/paratransit buses or any other transportation-related issue.

This forum will provide information and answer questions.

All L & L's call or sign up at the front desk

RENTER'S REBATE PROGRAM

To qualify you must be 65 years or older or 100% totally disabled through Social Security and your income must have been less than \$43,000 for a married couple \$35,300 for a single person.

EXPENSES: Rent receipts, letter from landlord stating what you paid for the year 2017. Utility (Electric, water, oil and/or gas) receipts or statement from utility company.

If you are filing as 100% disabled, proof of disability is required every year by the State of Connecticut. A statement from social security **STATING TOTALLY DISABLED OR A TPQY FROM SOCIAL SECURITY DATED FOR CURRENT YEAR** stating that you were disabled the previous year.

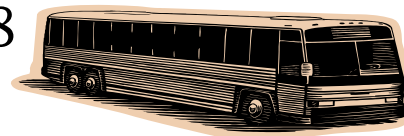
Income		Maximum Credit	Minimum Credit
Over	To	Married/Single	Married/Single
\$ -0-	\$17,700	\$900/\$700	\$400/\$300
\$17,700	\$23,700	\$700/\$500	\$300/\$200
\$23,700	\$29,600	\$500/\$250	\$200/\$100
\$29,600	\$35,300	\$250/\$150	\$100/\$50
\$35,300	\$43,000	\$150/\$-0-	\$50/\$-0-

Due to state and/or federal legislative changes there will more changes to the Medicare Savings Program (MSP) this year. The Connecticut State Legislatures approved continuation of MSP eligibility and benefits levels from last year until June 30th 2018. Following state legislative budget considerations this spring, there will likely be more changes to MSP levels and eligibility

Medicare Savings Program (MSP) effective 3/18			SSA COLA (1/18) 2.0 %		SSI \$750 (one) or \$1125 (couple)
Program	Status	Income Limit	Status	Income Limit	NO ASSET LIMITS FOR MSP No Estate Recovery after 1/1/10 DSS Benefits Line: 1-855-626-6632 Income listed includes Husky C unearned income disregard of \$339/single & \$678/couple if each has unearned income Assets: \$1600 single; \$2,400 couple
QMB (Q01) 211% FPL	Single	\$2,135.32 / mo	Couple	\$2,894.92 / mo	
SLMB (Q03) 231% FPL	Single	\$2,337.72/ mo	Couple	\$3,169.32 / mo	
ALMB (Q04) 246% FPL	Single	\$2,489.52/mo	Couple	\$3,375.12/ mo	
Medicaid (Husky C) (for those 65+, blind or with a disability)	Single	\$972.49 (region A) \$862.38(reg. B & C)	Couple	\$1483.09 (reg. A) \$1374.41 (reg. B & C)	
Husky A (138% FPL)	Caretakers w/ children < 19 years		For two	Magi: \$1893/mo	Effective 3/18

This is a refresher course geared especially to your safety needs. Learn defensive driving techniques and to adjust your driving to age-related vision, hearing and reaction changes with up to date advances in car safety and features specifically available for older drivers. Call to sign up. 203 270-4310

DAY TRIPS WITH NSC IN 2018



“The Edwards Twins” May 21st at the Aqua Turf. \$78.00

The worlds Famous Edwards Twins, the Number one Impersonation act in the world. Their vocals and looks will amaze you. Family Style Menu.. Great Show! **Only 16 spots on the van. Sign up at the front desk.**

Newport Playhouse & Cabaret Restaurant featuring “THE LONE STAR LOVE POTION” May 24th \$113.00

This dinner theaters is unique ...you will enjoy a great buffet ,a wonderful play and a fun filled cabaret. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. Included: Transportation, Lunch Buffet and show..

“DEEP SEA FISHING” June 6th OR 7th \$127.00 Getaway tours has chartered a fishing boat for the day, leaving from Plymouth, MA. Will be on the water about seven hours. There are plenty of deck hand to help bait the line to assist you in reeling in the “big one” and to clean the fish you catch You will be responsible for tipping the deck hands to clean your fish (\$1.00 per fish). You have the choice of either “brown Bagging “ your lunch or buying it from the galley kitchen Including : Transportation, Fishing Boat Charter.. Bring a Cooler for your Fish!!! Sign up at the front desk

MOHEGAN SUN CASINO June 13th, August 15th, Oct 17th. \$34.00 pp

Includes Transportation, Casino Bonus, \$15.00 meal Coupon, \$15.00 Free Bet, Driver’s Gratuity.

Bus leaves at 8:00am Call or sign up at the front desk

“Whale Watch” from Boston July 19th \$129.00 Upon arrival, we’ll have lunch at the one of Boston’s many fine restaurants. Whale Watching vessel for maximum viewing opportunities. Includes: Deluxe Motor coach Transportation, Whale Watch, Restaurant Lunch. More information at the front desk and trip booklet.

“Essex Dinner Train & Riverboat Ride “ July 25 \$95.00 pp Enjoy a 3-course lunch aboard restored 1920’s Pullman dining cars as part of a lunch, train and riverboat sightseeing excursion. You will have your choice of either beef or chicken lunch.. Includes: Transportation, Luncheon Aboard steam Train & Riverboat Ride.

“It’s Showtime at the Delaney House” Lobster Feast and Jeff Barnhart’s Riverside Ramblers

August 14th \$97.00 You will be greeted with an Hors d’oeuvre Welcome Tray and a complimentary glass of wine. Your lobster feast menu features the Log Cabins Award-Wining Clam Chowder, New England Boiled Lobster, Barbecued Ribs and chicken served with corn and a Baked Potato, followed by a great dessert.

Includes: Transportation, tips, Complete Luncheon & fabulous Show .

Saratoga Racetrack “Off To The Races” August 2 Cost: \$73.00

The Great harmony of THE ACCHORDS “ Memories are Made of This” Grand Oak Villa Sept 13 \$65.00

New York’s top oldies group will be preforming their sweet sounding harmony & strong vocal versatility.

OKTOBERFEST at KRUCKER’S Tuesday Oct 16 cost: \$93.00

Enjoy a full day of entertainment, food, fun, music and dancing at Krucker’s in Pomona, NY. (not the Platzl Brauhaus).

WESTCHESTER BROADWAY THEATRE presents

November 8 Cost: \$99 includes: transportation, show & meal

Relive the glory of this hauntingly romantic musical thriller and worldwide sensation! Tony Award winning team of Yeston & Kopit . An exquisite masterpiece, **PHANTOM**, an epic & passionate tale of murder, intrigue and romance! Told with passion, emotion and luxurious music. Don’t miss it!



LOOK FOR FLYERS @ FRONT DESK FOR ALL UPCOMING TRIPS. FOR COMPLETE INFO , REFER TO TRIP BOOKLET

TIME FOR OVERNIGHT TRIPS WITH NSC IN 2018

1. Historic Saratoga Springs, NY

Gideon Putnam Hotel-Horse Farm Tour-Batcheller Mansion-Saratoga City Tour May 15-16 cost \$323 pp dbl.

2. Lancaster, PA Sight & Sound Theatre JESUS live on stage Aug 6-8 Mon-Wed

Landis Valley Village & Museum-Longwood Gardens 3 days \$451 pp dbl

3. WESTERN CARIBBEAN w/ Norwegian Cruise Line on the Norwegian Breakaway

Departs from NYC 15 days/14 nights January 19 thru February 2, 2018 starts @ \$1,674 pp

4. IRELAND, ICELAND & SCOTLAND w/ Celebrity Cruises on the Celebrity Eclipse

11 days/10 nights May 10-20, 2018 Includes air flight from Bradley starts @ \$2,865pp

ELDER LAW, TRUSTS & PROBATE

Legal Seminar

**Protect your assets, minimize taxes,
And avoid loss of control.**

Come learn how to use Elder Law strategies, Trusts and Probate to protect assets from Medicaid and VA Aid & Attendance pension, reduce taxes (estate and capital gains taxes), preserve control over your affairs and avoid litigation, and provide for loved ones by protecting resources after your death.

**Come hear a discussion on the urgent questions
facing every senior
today:**

How can Irrevocable Trusts qualify me for VA Aid & Attendance and Medicaid?

How do Revocable Living Trusts prevent loss of control?

How does Probate protect my loved ones?

Can a family member have me declared incompetent?

How can a Trust in my Will preserve assets for my family?

Hon. Daniel W. O'Grady is Northern Fairfield County District Probate Judge (including Newtown) and has practiced Estates and Probate law for close to 30 years. Danbury attorneys **Thomas E. Murphy and Michele F. Murphy** have practiced Elder Law, Estate Planning and Probate law for over 50 years combined.

Wednesday June 6, 2018 12:00-1:30 PM
Newtown Senior Center, 14 Riverside Road, Sandy Hook, CT
RSVP (203) 270-4310

**Lunch provided by Bethel Health Care and
The Cascades Assisted Living.**





LUNCH & LEARN

“Chateaux in France” Friday June 29 @ 12:00

LOCAL PHOTOGRAPHER HANK MEIROWITZ

Local photographer has proven himself in group and solo exhibitions as a man who, in the past, has enjoyed a variety of subjects including flowers, people, landscape, architecture, children's faces and particularly pets which earned him the title of PET PHOTOGRAPHER FOR THE PAMPERED PET. His studio is still set up on his property to pose and photograph dog, cat, iguana, bird, etc.

His recent passion for travel finds him in exotic places and he documents far-away lands and indigenous wildlife that many people have seen but not photographed. In the last fifteen years, his travels have included Poland, Russia, Australia, France, India, China, Vietnam, Cambodia, Holland, Belgium Croatia, Hungary, Romania, the Baltic States, Myanmar (now Burma), and his favorite location....Antarctica.

During his trip two years ago to Avignon, Arles, and Aix-en-Provence in Provence, France, he became so fascinated with the French countryside that he returned in October 2017 to visit the Loire Valley and some of the most famous Chateaux.

This presentation represents his impressions of their beauty in the autumn, the most pleasant season when forests gleam red and gold in the mild sunshine, the restaurants serve succulent local game and wild mushrooms and the grape harvest is celebrated in towns and villages with many colorful festivals.

The opportunity to stay in a private chateau is one of the main treats for visitors; hospitality is a serious business. He stayed in stunning private mansion in Amboise in the shadow of the famous chateau, Amboise, and took sided tours every day to different Chateaux in the area. The result is this show.

Sign up at the front desk...

SENIOR HIGHLIGHTS FEATURING

JAYNIS PIXLEY CREATIVE TALENT

Tuesday May 22 @ 1:00 pm



Second generation NSC member! Her mom was Jane Dwyer our original CW Line dance instructor. Jaynis return to the Center was very hard following the 12/14 tragedy. But her need to create and do different things was inviting to her here. She partakes in all creatives events from Art class , Jewelry making class , Silk Scarf Painting to Cake Decorating! She is quite talented! Jaynis has been married and lives in Newtown for over 40 years. Proud mother of 5. She has a warm sense of humor and a contagious smile. Painting for over 50 years she will share some

beautiful art work. Her mediums are Pastels, Acrylics and Oils .Stop by and enjoy her display in the Piano room. Circle your calendar and come Tuesday May 22 for her informal presentation. Call to sign up.



Aging and Caregiving from a New Perspective

You are cordially invited to attend two presentations by

Donna Fedus

Founder of Borrow My Glasses

<http://www.borrowmyglasses.com>

This event is sponsored by The Commission on Aging and Director of the Newtown Senior Center

Both events to be held at:

Where: Nunnawauk Meadows Community Room
3 Nunnawauk Road
Newtown, CT

If I See Something, Do I Have to Say Something...or Do Something?

Are you worried about changes you see in an aging parent or relative, a resident or client, or in your own aging? These issues are not a crisis, but you are worried that one may be coming and wondering what, if anything, you can or should do.

Join us to:

- Decipher what you've seen
- Understand what it means.
- Determine what to do about it.
- Decide whether you have to do anything at all.

When: Saturday June 2, 2018 1pm-3pm

RSVP not necessary, but helpful.

Please call Anna Wiedemann at 203-426-1035 or e mail to annawiedemanncoa@gmail.com

Successful Communication Given "Alzheimer's Logic"

Changes in long-standing communication patterns can be wildly frustrating for individuals with Alzheimer's as well as for their caregivers. Communication problems can also trigger emotional reactions. But communication patterns are expected to change throughout Alzheimer's. This class will help you crack the code in the early to middle stages.

Join us to:

- Decipher "Alzheimer's logic"—there is logic there.
- Learn communication techniques for paranoia, blaming others, and memory battles.
- Consider the emotional impact on both sides of the communication.
- Learn new ways of dealing with repetitive questions.

When: Saturday June 16, 2018 from 1pm-3pm

NEWTOWN SENIOR CENTER
14 RIVERSIDE ROAD
SANDY HOOK, CT 06482

PRESORTED STANDARD
U.S. Postage Paid
Newtown, CT 06470
Permit No. 1002

The Mission of the Newtown Senior Center is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. And enhance independence, support mental, physical and social well being.

Circle the date for our Annual 2018 Statewide Senior Picnic at Holiday Hill
Monday Aug 20th . \$34.00 PP

THE CENTER WILL BE CLOSED

MEMORIAL DAY Monday MAY 28

N\$C Important websites:

AgeWellCT <http://www.agewellct.org>

An excellent “master” resource for information, services and ideas.

Great for info for individuals and families.

Town of Newtown <http://www.newtown-ct.gov>

Please Note: Due to limited parking at times.....During trips, special events or whenever the parking lot is full , please know the overflow of parking is at the rear of the Sandy Hook Fire Dept. There are sidewalks for your safety. Thank you.

Membership Dues REMINDER.....IT IS THAT TIME AGAIN!SUPPORT YOUR CENTER

WHERE SILVER is GOLDEN !

Registration Fees for the fiscal year 2018-2019 are due by July 1,2018.

\$20.00 resident \$25 non-resident Checks made out to the: Newtown Senior Center

